

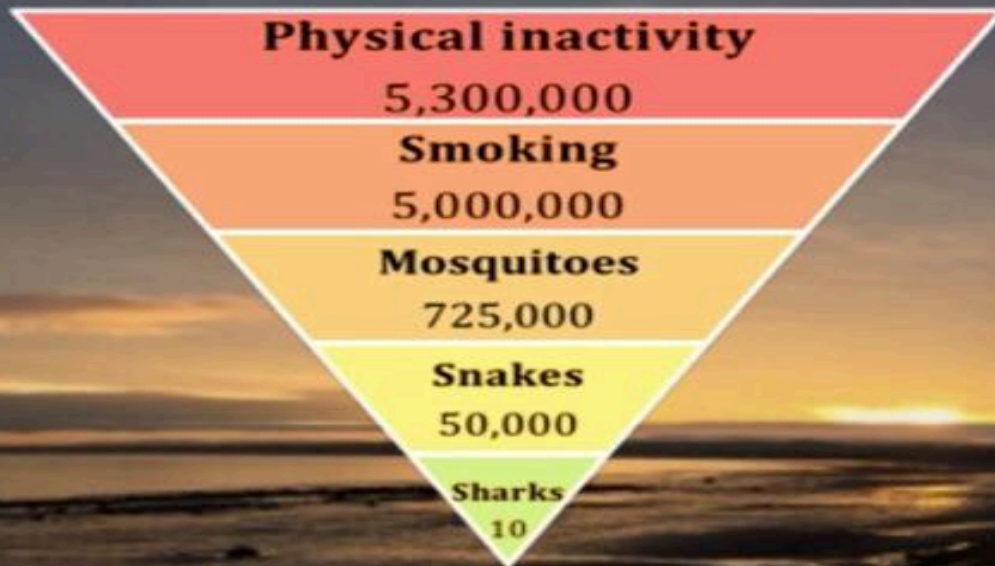
GOLF AND HEALTH



Golf & Health



People Killed Annually by...



CREDIT:
Nathan Stephens/ IM
Lee/ The Lancet

RISK REDUCTION ASSOCIATED WITH REGULAR PHYSICAL ACTIVITY

Chronic Condition	Risk Reduction
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction

SOURCE:
NHS Health Scotland

GOLF IS A MODERATE INTENSITY PHYSICAL ACTIVITY



GOLF CART

Has SOME health benefits

3.5 METS

6000 steps/ 18 holes

4 miles/ 18 holes

600Kcal/ 18 holes



WALKING THE COURSE

Has MORE health benefits

4.8 METs

11000-17000 steps/ 18 holes

4-8 miles/ 18 holes

1200KCal/ 18 holes

264-450Kcals/hr

SOURCE:

Murray et al 2016,
Ainsworth 2011

A photograph of four people, likely golfers, standing on a snowy golf course. They are wearing winter jackets and hats. One person in the center is holding a flag on a pole. The background shows a snow-covered landscape with hills in the distance.

GOLFERS LIVE 5 YEARS LONGER THAN NON GOLFERS

BRAIN. Physical activity helps prevent and treat low mood, anxiety and dementia

METABOLISM. A season of golf improved weight and body composition

HEART. Golf improved cholesterol levels and fitness

PRODUCTIVITY. Physical activity improves function and productivity

GOLF FOR ALL. Unlike many sports golf can be played from 4 years old to 104 years old

HEADLINES



**“Overall, more people playing
golf will increase health and
happiness”**